

## New Community Ahead of Study Calling for More Targeting of Senior Health



Sharon Pleasant-Jones, R.N., NCC's Director of Health and Social Services, says the majority of residents she sees suffer from chronic health conditions. Here, Pleasant-Jones is speaking with Wanda Roberts, a resident of New Community Douglas Homes.

Inside New Community's senior building known as New Community Associates, Sharon Pleasant-Jones, R.N., is checking the blood pressure of an elderly man suffering from several chronic diseases, including heart disease and diabetes. Once he sees the nurse, he will also see the on-site geriatrician.

"This is pretty much the typical health profile of the majority of our senior population," said Pleasant-Jones, who serves as New Community's Director of Health and Social Services. "That's why it's so important to have this kind of on-site monitoring taking place in order to help pick up on problems before they lead to acute episodes like heart attack and stroke."

A recently released national report providing a snapshot of senior health found that 80 percent of U.S. seniors have at least one chronic disease, while 50 percent suffer from two or more chronic conditions. The report, America's Health Rankings, Senior Edition, noted this is especially concerning, since the senior population is expected to grow by

more than 50 percent between 2015 and 2030. And while seniors are living longer, they are also sicker and are in need of more health interventions, especially at the community level, the report noted.

New Community, as the owners and operators of eight senior buildings and a nursing home, is more focused than ever on senior health and has committed itself to providing the elderly with a continuum of care, according to NCC founder and board chair, Monsignor William J. Linder.

"You have services in the building that no one else has but the upper and middle class. Take advantage of it," Monsignor told a group of seniors he meets with monthly during the resident leadership meeting.

In addition to the healthcare services provided in the senior buildings, seniors who can no longer live independently can have their residency easily transferred to the New Community Extended Care Center, the 180-bed skilled nursing facility run by New Community Corp. The facility also has a sub-acute unit for short stay

## Resiliency

*"Man never made any material as resilient as the human spirit."*

**Bernard Williams**

*"When nothing in life seems to be going right...go left!"*

**Author unknown**

*"I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot... and I missed. I have failed over and over and over again in my life. And that's precisely why I succeed."*

**Michael Jordan**

*"I command you: be strong and steadfast! Do not fear nor be dismayed, for the Lord, your God, is with you wherever you go."*

**The New American Bible  
Revised Edition**

*"Loss makes artists of us all as we weave new patterns in the fabric of our lives."*

**Greta W. Crosby**

For Information on Social Investment, please contact:

Rev. Msgr. William J. Linder

Tel: 973-497-4415

Fax 973-482-2137

233 West Market Street,  
Newark, NJ 07103

[linder@newcommunity.org](mailto:linder@newcommunity.org),  
[www.newcommunity.org](http://www.newcommunity.org)



## Calling for More Targeting of Senior Health....cont'd



Mary Ervin, 88, a resident of New Community Associates, is checked out by Dr. Nicholas Guittari, a geriatrician, in a first floor clinic located in her senior building.

patients who require intensive nursing services following hospitalization. Rehabilitation services are also provided on-site at Extended Care, in addition to services like hospice and palliative care.

"I can truly say this is 'my room' because the staff really makes me feel as if I am home," said Agnes Morton, 87, one

of the Extended Care residents.

An Adult Medical Day Care program offers an array of activities for New Community seniors and disabled individuals living in New Community residences, as well as the larger community, ranging from medication management and transportation to and from doctor's appointments to religious services, field trips and social events like parties.

For seniors still able to remain in their apartments, but who require some regular nursing care, these services can be arranged through New Community's affiliation with Visiting Nurse Association Health Group, which is also able to provide certified home health aides to assist with personal care needs, things like bathing and dressing. Finally, New Community's Home Friend Program is able to provide seniors with workers to perform household chores and fix light meals. These individuals are also available to run errands, such as picking up prescriptions from the pharmacy. "She's (home friend) been with me for seven years and I've never had a problem," said Mary Ervin, 88, a resident of New Community Associates who suffers from hypertension, diabetes and arthritis and uses a walker to get around.

## SUCCESS STORY

### Woman Obtains Medication Through New Community's Family Resource Success Center



Sandra Galindo and her husband, Edgir, present Joanne Williams-Swiney, director of New Community's Family Resource Success Center, with an apple pie as a token of their appreciation for helping Mrs. Galindo obtain her diabetes medication and supplies.

For Sandra Galindo of Newark, a diabetic, not being able to afford her diabetes medication and supplies worried her and her husband, Edgir, a lot.

"I have never had to ask for help, but I asked this time because the medicine is so expensive," Edgir Galindo explained.

On a recent day, the couple dropped into New Community's Family Resource Success Center for help. They were able to speak with a center worker in their native language of Spanish and were given an application form to complete for the Medical Assistance Program run by the Diabetes Foundation.

Less than two weeks later, Sandra Galindo had her medication and the supplies she needed, including an insulin tester and needles.

She and her husband afterwards returned to the resource center to present the director, Joanne Williams-Swiney, with an apple pie, a

small token of their appreciation. "The important thing is that you received the services you needed," said Williams-Swiney.

The one-stop Family Resource Success Center, located in NCC's Pathmark Shopping Center, makes more than 7,000 referrals for services annually for everything from energy assistance and emergency housing to substance abuse counseling. The Galindos were also scheduled for a free eye exam during their visit.



## MORE HOUSING PLANNED FOR NEWARK'S CENTRAL WARD



An artist's rendering of Morris Avenue Homes in Newark

New Community Corporation is undertaking a new \$27 million mixed use housing development called Morris Avenue Homes that is designed to provide additional affordable rental units within Newark's Central Ward.

The project, to be located at 253 Morris Ave., will replace New Community's first housing development, Homes Court, which was opened in 1975. That development has since been demolished because its structural design was considered obsolete for today's urban dwellers.

Morris Avenue Homes will provide 109-units of one, two and three bedroom affordable residential units to be built on four floors, along with grade level commercial and open space. The new project will also include 96 below ground interior parking spaces and 16 ground level spaces in the rear of the site.

The project is being designed with surface open space in front of the building, which gives way to brick pavers, benches, tables and sufficient lighting, all features aimed at encouraging residents to interact with their neighbors.

Morris Avenue Homes is also being designed to include approximately 10,000 square feet of commercial space that may include retail uses and/or daycare facilities. Due to a substantial amount of grass open space on the sides and rear of the commercial area, providing such needed outdoor activity areas will complement a daycare use and improve the attractiveness of the overall development.

"The project combines the necessary features of affordable residential living with a neighborhood setting by providing the residents an opportunity to meet their neighbors outside of their individual units," said Douglas M. Angoff, Director of Real Estate for New Community

Corporation. "Additionally, along with sufficient parking on site, the location of the project along the commuter route allows the residents easy access not only to downtown Newark, but western Essex County."

Morris Avenue Homes will perfectly complement other new tax credit projects that New Community is undertaking in the Central Ward, including Springfield Village, an affordable housing development of 50 units for families and 70 apartments for seniors currently under construction; and A Better Life, a 24 unit respite care facility which has recently received Newark Planning Board approval.

New Community's Real Estate Department has applied to the Newark Planning Board for approval and expects the project to be heard over the summer. Construction will be funded through a combination of tax credit, debt financing and other public funding. Plans call for construction to commence in the third quarter of 2014.

**Story by Douglas Angoff**

### NCC YOUTH SUMMIT PLANNED FOR AUGUST

New Community Corporation is planning a Youth Summit in August at the NCC Neighborhood Center in Newark. The event is expected to attract high school juniors and seniors from throughout the city, who will come together to focus on the theme of college readiness. Break-out sessions will be held on topics including resume writing, the college application process, financial aid and campus life.



## Hayden Smith



Helping the less fortunate is something Hayden Smith, of NCC's Family Service Bureau (FSB), said his mother instilled in him at a young age.

"I guess it's safe to say that without even knowing it, I was being prepared to move towards the helping profession even as a youth," he said.

Initially, Hayden thought he wanted to become a police officer and so he entered New York's John Jay College of Criminal Justice in 1985 with a law enforcement career in mind.

But Smith actually ended up changing his major four times trying to find just the right "helping" profession. He wanted to explore questions like why people commit crimes and what would happen if they had other choices. The pivotal question for him, however, was what he could do to help people make better choices.

He ultimately graduated from John Jay College of Criminal Justice with a bachelor's degree in government and public administration, but would return to school to earn a Master's in Social Work from Fordham University, in 2003.

Today, Smith is the Clinical Director of NCC's Family Service Bureau, where he oversees all clinical aspects of treatment in both the agency's Newark and Kearny offices, whether it be addiction or mental health. He also assures that FSB is in regulatory compliance with all New Jersey governing bodies overseeing behavioral health. Smith is dually licensed in New Jersey as both a licensed clinical social worker (LCSW) and a licensed clinical alcohol and drug counselor (LCADC).

"What I enjoy about my work at FSB is the ability to help people at all levels," said Smith. "Whether it's

working with a client on learning how to become more assertive or helping a student intern to understand the therapeutic process. But most of all I would have to say...I really enjoy working with a great team at FSB; from the top to the bottom when we are gelling, it is an amazing thing to be a part of."

Arti Kakkar, the executive director of FSB, said Smith is "dedicated and passionate about his work," calling him "a great team player."

Smith joined FSB in 2000, when he was hired as a substance abuse counselor to work as a liaison between FSB and the Workforce Development Center, where he assessed clients for substance abuse treatment needs and made the appropriate referrals.

"I had finally found a place where I could help people make better life choices," he said. "...Being a part of NCC has been a very rewarding experience for me. I consider myself to be fortunate to be a social worker who is employed by a company that has committed to giving back to the community. To me, this is priceless."

Born as the sixth of six children on the island of Trinidad and Tobago, Smith and his family migrated to London, England when he was about three years old. At age 14, he and his family migrated again, this time to the United States.

Smith has been happily married for 23 years and is the father of two grown children and one dog, Toffey, a Maltese/poodle mix.

### OUR MISSION

To help residents of inner cities improve the quality of their lives to reflect individual, God-given dignity and personal achievement.